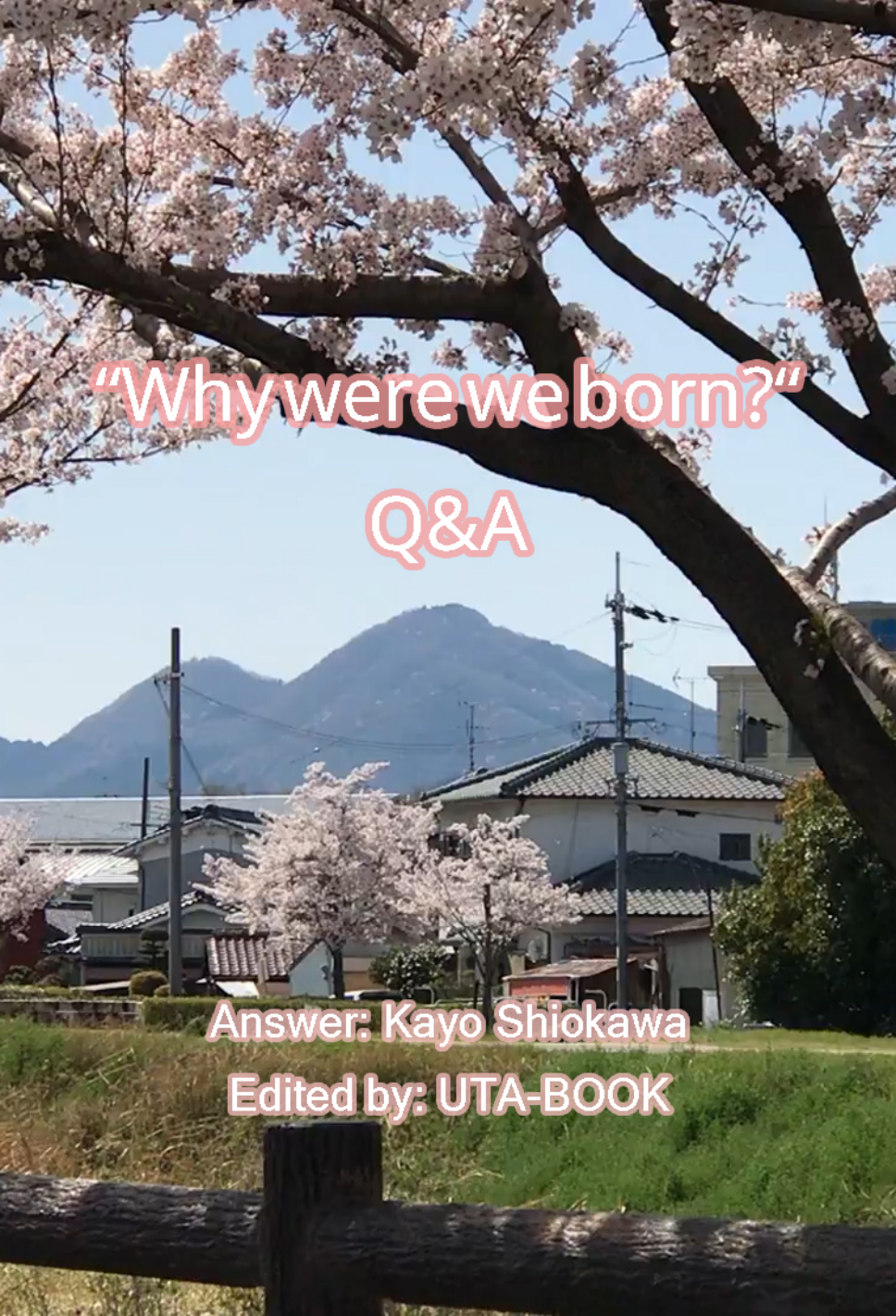
“Why were we born?”
Q&A
Answer: Kayo Shiokawa
Edited by: UTA-BOOK

“Why were we born?—Q&A“

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Introduction

One of the books I helped published last year was called Why was I born? Questions asked by Children in Japan. A small number of children, i.e. seven living in Hokkaido, Gifu, and Osaka, wrote out their "Whys" waiting to be answered and organized them into a letter for me.

Among the children's questions were two commonly asked "Whys." One was "Why do we have wars when at school we're taught to 'get along with one another?' "

Our company's main website contains a number of similar questions as follows:

We all know it's wrong to fight with one another.

We all know that; yet, wars still occur around the world.

Why?

Before thinking about wars on a global scale, think about your surroundings.

Look into your heart.

Are you not fighting at your workplace with your

subordinates, co-workers, and boss?"

How about at home? If you're a housewife, are you not fighting with your husband, father-in-law, or mother-in-law; if you're a husband, are you not fighting with your wife, her father, or mother.

You may look happy on the outside, but what about inside your heart?

Can you confidently say that you're living happily in peace?

I learned that the cause of any war exists inside us; not outside. Almost no one realizes that; we all search for the cause outside us with the misbelief that changing matters outside will make everything perfect. The saying "The darkest place is under the candlestick" best describes the state of our heart and the same can be said for the current state of society worldwide.

We can go to a hospital to have a doctor treat us, if our problem is physical. However, problems and troubles we have in our heart cannot be treated by anyone else but ourselves. Each and every one of us think "I'm right; if anyone is wrong, it must be someone else; not me." That is the state of our heart; whenever some problem occurs, no

one ever considers him/herself as the possible cause.

The motto of our company, UTA Book, is to help as many people as possible learn that we must realize that all causes to our problems lie in ourselves. Instead of trying to change matters outside us, we must look into ourselves and learn to accept ourselves when we find some parts of us we may not like. Nothing changes without such 'Turn of One's Consciousness'; UTA Book will continue publishing its books, to help everyone realize this simple truth so that they can live in true happiness.

In this book, we will take the question "Why do wars not disappear from the world" as a starter, to propose the importance of looking into our own heart.

Another question the children asked was "Why were we born?", a big fundamental question ever troublesome for human kind. An Osaka high-school principal faced this question during the Pacific War and, after the war, proposed the study of facing one's own heart. First, allow me to introduce you to Teacher Tomekichi Taike.

As I just said, Teacher Taike used to be a school principal at an Osaka prefectural high school; even after his retirement, the honorific "Teacher" remained. Though called Teacher Taike, he is not seen as a special being or treated as a religious founder.

During the war, Teacher Taike was receiving training at the Imperial Japanese Army Academy and fate had it that he was to join one of the Special Attack Units and die with his subordinates. Teacher Taike came face-to-face with the questions "what does death mean?" and "what is life?," and after the war, in 1948, he became a mathematics teacher. According to his former students, Teacher Taike spent most of his class time on lectures on the heart and on love; on his classroom wall, they say, were always the words "Follow nature, cherish the truth, allow your innocent heart to be moved as it wishes, and love yourself and everyone else."

Just when everything was going perfectly, however, the following words came into Teacher Taike's heart:

"The words you speak sound like those of an angel; however, isn't your heart completely dark?"

That was when Teacher Taike realized that he knew nothing about the truth.

Until then, he believed he was full of love; it therefore struck him that he had nothing at all in his heart. Teacher Taike struggled over such questions as "what is true love?" and "for what purpose was I born?" and eventually arrived at the following conclusion:

Life was all about "reflecting on one's thoughts toward one's mother." Since Teacher Taike taught mathematics, every time he asked his students a question, he gave them a clue. Therefore, Teacher Taike believed that there must be someone giving me a clue to my fundamental questions, i.e. "what is true love?" and "for what purpose was I born?" That was how Teacher Taike arrived at his conclusion that his mother was that "someone."

While he reflected on his thoughts toward his mother, he realized that his mother, whom he despised the most, had been showing him what true love was. There was nothing wrong in the material world; Teacher Taike had been unable to see the truth because his heart was directed toward the

material world, i.e. the physical world. Teacher Taike realized that his heart had been directed toward the wrong way.

The only thing that mattered was the world of consciousness. We need to change the basis of our life from the physical world to the world of consciousness. Looking outside our heart will not help because all answers to our questions can only be found inside. Ever since Teacher Taike realized this, he has been giving lectures to many people on how the truth can only be experienced by one's heart through reflecting on one's thoughts toward one's mother.

People from various backgrounds such as the following came to listen to his lectures: 1) parents worried about their child, 2) people concerned about their disease, 3) others trying to find out their true existence, 4) physical therapists, 5) psychotherapists, 6) college teachers, 7) salary workers, and 8) housewives. Every Sunday, such people gathered at someone's house offered voluntarily as a venue and listened to Teacher Taike's lecture. That was the beginning of this study.

Teacher Taike realized what his true job was and, following what he felt in his heart, resigned as high school principal, to pass on the truth that the only thing that matters is the world of consciousness and all answers one needs can only be found in one's heart. Now, let's move onto what it means to look into one's heart.

In our everyday life, we use our five sensory organs, i.e. eyes, ears, etc. to gather information on the outside world. This study proposes to temporarily stop relying on one's senses, to focus on looking into one's heart.

As long as one looks at the outside world, he/she is apt to look for something to blame the cause on. For instance, one may blame society, the education system, one's husband, wife, child, or mother-in-law, thinking, "Only if that person would change." However, looking outside for causes, trying to change others, will not make any difference.

This is because outside problems and troubles actually exist inside one's heart. Realizing this with one's heart, instead of trying to change others or society, and

awakening to the true reason one was born are the aims of this study. To achieve these aims, this study proposes the following three practices regarding 1) knowledge, 2) reflection, and 3) meditation.

First, regarding knowledge, trying to understand this study based on your life long experience or common knowledge will only confuse you. "Human beings are not their physical bodies but consciousnesses," "There is no use in praying to God. Believe in the consciousness inside yourself; that is your true self," "Pain is love," and "Natural disasters are love"; these examples should describe how knowledge relating to this study completely differs from common knowledge. To understand this study, I recommend completely blanking out your mind, leaving your knowledge and experience aside.

Next, regarding reflection, when we say "reflection" in this study, we do not mean reflection in a general sense; we mean "looking into our heart." Whether at work or at home, our heart constantly moves between feelings. By "reflection," we mean looking into our heart for such changes. In addition

to this type of reflection, i.e. looking into one's heart for everyday changes, there are two more fundamental types: reflection on one's thoughts toward one's mother, and reflection on one's reliance on outer powers.

Last, regarding meditation, there are three types of meditation: 1) meditation on one's thoughts toward one's mother, 2) meditation for harmonizing one's heart with Tomekichi Taike (your true self), and 3) meditation for revealing one's darkness. Whether one's heart harmonizes with the warmth of one's mother or Tomekichi Taike is all that matters. When it does, all that one feels is happiness and gratefulness. In other words, the more one strays from one's true self, the more pain one will suffer. In the third type of meditation, i.e. "meditation for revealing one's darkness," one sets his/her pain free with the aim of realizing how much darkness he/she has been carrying.

For "knowledge," please refer to our following publications:

1. The Flow of Consciousness. Revised and enlarged edition. May 10, 2010
2. Love, One within Oneself; Turn of Consciousness; Version 3. June 20, 2015
3. The Flow of Consciousness; It All Comes Down to Meditation. December 10, 2016

1. This study

Let's move on to the main part of this book

In this section organized in a Q&A fashion, Ms. Kayo Shiokawa, the author of the books above, will offer some messages from the world of consciousness as answers to some questions that people studying or starting to study may have.

Q. Why do seminars need to be held?

A. The world is full of information. However, of all such information, how much leads you to the truth? I believe there is none. That's right, none. None at all. There is a considerable variety of information in this world. The present can be described as an internet era. If we want to know more about or search for something, the internet can provide us with various information. We obtain and base our everyday life on such information. Such information must be useful and convenient for life. However, all such information is useless and meaningless when seen from the perspective of the true world. First, everyone needs to understand that with their head. To help everyone understand that by having them study the truth first with their head, there needs to be a place where everyone can gather, secluded from everyday life for a while. In this way, the need for reserving some time and place led to the current seminars, which for instance are held over two nights and three days. One may ask, "Then, instead of staying over for a few nights, can't we gather in some place,

spend a certain amount of time on studying, and then return home to everyday life?" Unfortunately, that would not allow us to smoothly switch our head from everyday life to seminar mode. The first step is to switch our head. We need to seclude ourselves from everyday life at least for two to three days, to switch our head and focus on the true world so that we can sense various things with our eyes, ears, and entire body. This need for time and space is the reason seminars are held.

Q. Why were seminars held in Japan this lifetime?

A. That is because the true world was born into a physical body in Japan. You may also want to know why the true world chose a small island country, i.e. Japan, for itself to be born in. As I clearly stated in past seminars, that is for the need to let Amaterasu repose. Amaterasu is a dark universe. Tomekichi Taike, the world of consciousness, was born into a physical body in Japan so that everyone can study and become able to lead their dark universe of Amaterasu filling their heart toward warmth, peace, and love. Since Tomekichi Taike's world of consciousness is the true world, it originally did not need to be born into a third-dimensional physical body. On the other hand, with the belief that the material world is the true world, we have been transmigrating (reincarnating and repeatedly having lives) for an extremely long time. Since his aim was to pass on the truth to us, i.e. believers of the material world, Teacher Taike needed a physical body so that he could appear in front of us. Thanks to Teacher Taike, we were

able to learn from him with our eyes and ears. The world of consciousness taught us many things through Teacher Taike's physical body. Tomekichi Taike prepared a favorable environment for us to switch our head smoothly and focus on the true world. Existing at the same level as us by being born into a physical body served a significant role.

The world of true consciousness chose Japan from all the countries on this planet. On a second thought, it did not only choose Japan but that was the flow of consciousness. The flow of consciousness sends us a message about dimensional migration. The message says, "Let's migrate beyond this dimension." To do so, we must turn our world of vibrations from the dark universe to mother universe. Please start with Amaterasu. Amaterasu is one of the dark universes. Taking Amaterasu down is extremely important. That is why the true world was born into a physical body in this island country Japan, the country of Amaterasu, the country of God, and held seminars for more than 30 years.

Q. I've heard that seminars used to be held all around Japan. Why are they only be held in certain parts of Japan now? In addition, why is Shima now an important place for this study?

A. Seminars used to be held all around Japan. They were held not only in Japan but also in the United States. Now seminars are only held in some areas of the Kansai region; mainly in Osaka and also in Shiga, Mie, and Nara. There are also small seminars held by communities in UTA Hall Daiho and UTA Hall Shima. The former is in Osaka, the latter in Mie; both are in the Kansai region. Is this a coincidence? Why are seminars, which used to be held all around Japan, now only held in Kansai.

That is because the study progressed to an advanced level. When the study initially began, though the purpose was not to spread it, seminars were held all around Japan so that people who wanted to know the truth, the reason they were born, and the cause behind their suffering could study. Over the years, seminars came to be held only in certain

parts of the country and then only in the Kansai region.

The basic principle of this study is to welcome anyone who comes, but not chase after those who leave. We do not go around handing out invitations. The study is only for learning the truth. There is no need for recruiting people to make the study larger.

We followed the basic principle, and the study progressed to an advanced level. It is now at a level where only people serious about the study are studying. While the study is difficult, more and more people are beginning to feel it with their heart, and the study is progressing forward with such people. That is why there no longer is a need to recruit new people. The foundation for the study has formed. The study's foundation for 250 years from now has formed. That is why there is no need to hold seminars all around Japan anymore.

As for why Shima is now an important place for this study, that is because Tomekichi Taike, or Teacher Taike, long ago bought some land in Shima for some purpose, which had been left untouched for long. Knowing that he had such unused land in Shima, Teacher Taike had probably wanted to use it for the study. Partly for the purpose of asset

management with Teacher Taike becoming older, a plan was put forward. In accordance Teacher Taike's will, relating preparations completed and his land in Shima came to be used for the study as UTA Hall Shima. Near the hall stands two buildings called Furusato En. My friends from the study live there and, for four days a week, they spend some time meditating and studying in the hall. Once a month, I also go to Shima and spend some time studying there.

Shima is known for Ise Shima, and Ise Shima is known for Ise Jingu shrine. I do not know whether that had anything to do with the current state but Shima became an important place for the study. The land where UTA Hall Shima stands used to be Teacher Taike's property. In closing, let me tell you that the reason Teacher Taike bought that land in Shima had to do with the flow of consciousness.

Q. What does everyone do at a seminar?

A. In principle, seminars are held over two nights and three days. Most of the seminar participants have already been studying for 20 to 30 years, so they have enough knowledge on the study. Therefore, now, seminars are held for participants to feel the study with their heart and to understand it through practice. The aim is to have everyone advance their learning further by having them check how much their heart understands what they understood with their head. In one seminar, participants gather in a hall to meditate together for a total of five-and-a-half to six hours. Though depending on the size of the hall, a group of about 20 to 30 people are called to the middle of the room and asked to feel the study with their heart through meditation. Each group is given about three to four minutes. We call this sort of meditation "meditation 1, 2, and 3" and practice it together. In meditation 1, 2, and 3, I ask participants to first turn their thoughts toward the very bottom of their heart. After all groups go through their first turn of meditation 1, 2, and 3, I next ask participants to turn their thoughts toward

their inner-heart Amaterasu. In addition, I sometimes ask participants to turn their thoughts toward some other subjects. In this way, we spend most of our seminar time on meditation 1, 2, and 3; however, we also spend some time on familiarizing ourselves with the energy of joy while singing (a self-written version of) Furusato.

Q. Isn't the study a type of religion? How is it not a religion?

A. The study is not a religion. It is no religion in any way. Religions have something or some person to worship. Religious groups are structured pyramidically. At the top is the founder or leader. Positioned at the top, the founder/leader is superior to all others. This distinction is clearly drawn so that all others look up to the founder/leader. Under the pretext of one thing or another, religions collect large amounts of money. Followers are required to recruit new members. These are a few examples typical of religions, which do not exist in this study. In this way, the basic structure of this study completely differs from that of religions. In addition, the greatest difference between this study and religions is the foundation on which they each lie. What the foundation of this study is, and what it means that the foundation of this study differs from that of any religion are things you need to learn with your heart.

Q. How can you tell that what Tomechiki Taike has been passing on is the truth? How can you be sure of something that cannot be proved scientifically?

A. First of all, science cannot prove everything. If you think that science can prove everything, please know that you are wrong. There are things that science cannot prove. There is a limit to the world that science is capable of proving; the world that lies just beyond that limit is the true world. It is impossible to prove anything about the true world with science.

Now, as for the answer to the question "How can you tell that what Tomechiki Taike has been passing on is the truth?", that is something that you can tell with your heart. Please allow your heart to become sensitive; allow it to truly become sensitive. If your heart points in the exact same direction as the true world, i.e. Tomekichi Taike, your heart will know that Teacher Taike has been passing on the truth. Your heart will know that only what Tomekichi Taike has been passing on was true, that the truth was what he was

saying. Nothing can be surer, because this is something you can tell with your own heart. Please first allow your heart to become sensitive enough; if you do, you will be convinced of what the truth is. Nothing is more important than knowing the truth with your own heart. Please first allow your heart to become truly sensitive.

Q. Do we need to know about this study in this lifetime?

A. Yes. But, each and every one of us has our own plan. Whether one will come across this study or not has been planned by oneself. Whether one will come to know the true world of vibration during the next 250 years also depends on one's plan. However, even if one comes across this study, unless one feels the true world of vibration, one will not come to know it.

Since all consciousnesses exist within the flow of consciousness, all consciousnesses are given equal chances at everything. How much of one's chance one uses for turning his/her thoughts toward the truth completely depends on him/herself. In the sense that one's choice is one's responsibility, we are all given equal chances at everything.

It is not a matter of whether one needs to know about this study or not; rather, if one comes to know about this study, he/she will feel truly thankful with his/her heart to his/her mother. Those who came across this study and are

practicing it, i.e. those who have repeatedly had experiences that can only be enjoyed by heart, are living extremely happily. The hearts of all others, no matter how wealthy they are in the material world, are poor inside. They suffer inside, feeling an emptiness, because their world of consciousness has not come to know their true selves. All consciousnesses have their own plan for coming to know their world of consciousness. We all exist within the flow of consciousness. Please pursue your study in the right direction so that you too can come to know the flow of consciousness with your heart. Knowing about the study only with your head does not do any good; you must come to know the truth with your heart.

2. Reflection on one's thoughts toward one's mother

Reflection on one's thoughts toward one's mother is the most basic of all practices of this study. One cannot even take a step forward in this study unless he/she properly reflects on his/her thoughts toward his/her mother.

In this section, Ms. Kayo Shiokawa will offer some messages from the world of consciousness as answers to some questions that may arise while reflecting on one's thoughts toward one's mother.

Q. Why is it necessary to reflect on my thoughts toward my mother?

A. That is because you were born from your mother. You were not born from your father. The most important thing was passed on to us while we were in our mother's womb. Reflecting on your thoughts toward your mother is essential for remembering that most important thing.

Q. Why is my mother's warmth so important?

A. Why do you think? Do you know many other selves of you living inside you? Do you know that those many other selves of you are crying out of pain and loneliness? Can you feel yourself suffering with pain and loneliness? With your physical body, there must be times that you feel happy and joy, but that is not how you feel inside. Please become able to sense that with your heart. To become able to do so, you will need true kindness. Your mother's consciousness passed on to you that you have true kindness and warmth inside you. Your mother's consciousness also passed on to you that you disposed of her warmth. These are what your mother passed on to you during the 10 months and 10 days while you were inside your womb. Your other selves are speaking to you, "We desperately need our mothers' warmth. Please save us. Help us. Do something! Please listen to our thoughts! We're suffering!" Please become able to listen to what your heart says and turn your thoughts toward it. When you become able to do so, you will know

with your heart the absolute necessity of your mother's warmth and that only your mother's warmth can save you from the depths of pain. There is nothing more important than one's mother's warmth. Your mother's warmth will bring you back to your true self.

Q. What is “one’s mother’s warmth?”

A. It is a world of peace that accepts you with kindness unconditionally. You will feel with your heart you need nothing more but only your mother. Your mother’s warmth welcomes everything about you. It accepts every aspect of you unconditionally. You will know that you can entrust everything with your mother and feel happy with joy.

Q. Why did we dispose of our mothers' warmth?

A. When our heart began to believe the physical, material world to be the true world, it no longer needed our mothers' warmth. It began to respond to things in the material world, rather than to warmth. "We don't need our mothers' warmth," we told ourselves and boasted our physical aspects as we desired. We also created such outer sources of powers as deities. We were crazed with money. Even when we were asked to remember our mothers' warmth, we immediately unsheathed our sword of refusal, saying, "Such warmth will not help me live." However, when you keep practicing looking into your heart and feeling your own energy with your heart, the only feelings that come over you are your heart's poorness, ugliness, and foolishness of disposing of your mother's warmth. Why did we dispose of our mothers' warmth? A mother's warmth is who we are. How can we know what true joy and happiness are when we disposed of ourselves? Of course, we can't, but we have been pursuing happiness, love, and warmth. Please first

realize for sure that you have disposed of your mother's warmth. Why you disposed of your mother's warmth; why you forgot about having disposed of your mother's warmth; the more you realize you disposed of your mother's warmth, the more you will understand with your heart why you did so. You will feel your history of poorness of choosing money and deities of outer sources of powers over warmth, and an outburst of contrition will come over you, making you want to sincerely apologize to yourself.

Q. I'm meditating while turning my thoughts toward my mother but don't feel anything. What do I need to do to become able to feel vibrations?

A. Maybe you're missing the point "Keep meditating with no intention in mind." Please realize that your thoughts are driven by greed.

You say that you are turning your thoughts toward Tomekichi Taike and your mother's warmth, but you are turning your thoughts toward a completely different direction. Why are your thoughts directed toward a completely different direction? That is because your heart is full of deities of outer sources of powers. You need to look into your heart groveling toward your deities of outer sources of powers.

Q. I cannot remember what thoughts I had of my mother.

A. Yes, you can. Can you say you were completely obedient toward your mother all your life up till this very moment? Ever since childhood, have you been happily responding "Yes, mother" every day without talking back at all? You do not need to remember so many things. There must be at least one scene that moves you the most. All you need is one scene with your mother, one that struck you, that pierced your heart. Can you remember what kind of thoughts you had toward your mother then? What kind of words did you use against her? Please try writing or typing the thoughts you had or words you used at that very moment. All you need is one line, or even one word. There must be thousands of feeling of bitterness and hatred inside you. Such feelings may suddenly well up. There is no need to remember so many things. Just think of one scene and look deeply into your heart.

Q. I can't stop using my head. What can I do to quit using my head?

A. You have a habit of using your head too much. Even with things to be understood with your heart, you try to understand them with your head. Please reflect on your mother, i.e. look into your thoughts you had toward your mother, turning your thoughts to when you were just born.

Allow yourself to become more unrestrained inside so that you can feel the energy you emit instantaneously; then, you will know that the world of consciousness is not a world explainable by reason. Although it is not explainable by reason, if one continues to experience his/her energy burst out from within one's body, one will no longer care about understanding this study with one's head. Please enjoy this wonderful, surprising, and joyful experience again and again.

3. Reflection on one's thoughts toward outer sources of powers

As is reflection on one's thoughts toward one's mother, reflection on one's thoughts toward outer sources of powers is also one of the most basic practices of this study.

To reflect on outer sources of powers is not a matter of thinking "what I did was wrong." What matters is the thoughts we had when we looked up to religious founders, enshrined deities, or put our hands together in prayer; we must look into our thoughts. Even if one practices this study of the heart, one will not improve in any way, unless one changes his/her thoughts.

In this section, Ms. Kayo Shiokawa will offer some messages from the world of consciousness as answers to some questions that may arise while reflecting on one's thoughts toward outer sources of powers.

Q. What does it mean to believe in outer sources of powers?

A. Generally, it means to belong to some religious group and seriously learn its teachings or learn from its founder or leader. However, that is not all. Occasions to follow beliefs in outer sources of powers are deeply spread across our everyday life. Praying to a Buddhist altar, visiting someone's grave, having your fortune told, worshipping sunrises, praying to the stars or having anything else to pray to are all examples of believing in outer sources of powers. Our everyday life is full of occasions for paying homage to pray for a peaceful year, the health of one's family members, safety, and stability, and of events to wish for abundant harvest.

There is a more serious form of belief, i.e. training. Running around the mountains, standing underneath a waterfall, and fasting are forms of physical abuse practiced under the pretext of training. There is no kindness in such forms of training. From training, I only feel cold-hearted thoughts solely interested in expressing

one's dominant powers.

As described above, what beliefs in outer sources of powers have in common is that the thoughts of their practitioners are focused outward. Whether wishing for something or praying to someone, one is ultimately interested in becoming happy and is asking for happiness. However, in doing so, he/she is turning his/her thoughts outward by wishing or praying; that is what is wrong. Of course, the direction that people turn their thoughts toward when training is also completely wrong. People turn their thoughts outward without knowing what lies in that direction. Does God or Buddha really exist? Do you really believe that in some place way beyond where humans exist are God and/or Buddha?

Believing in outer sources of powers is foolish. Having a deep religious devotion is not a good thing. It's not admirable; it's wrong. Our belief in outer sources of powers can lead us to destruction. Are you ready to pay the price?

Q. I have not believed in any outer source of power in this lifetime. How should I reflect on my thoughts toward outer sources of powers?

A. In a narrow sense, you may have not followed a belief in outer sources of powers in this lifetime. However, as I said in my answer to the preceding question, occasions to follow beliefs in outer sources of powers are deeply spread across our everyday life. Have you never prayed to your ancestors in front of a Buddhist altar or visited someone's grave? Have you never paid homage to a shrine on New Year's Day? Have you never drawn an omikuji fortune paper? Have you never gone to a fortune teller? Please look back at your everyday life including things you may have done without much intent and notice how everything stems from the same root growing from the energy of believing in outer sources of powers. You must have done so many things. Please ask yourself why you have done them. That is reflecting on your thoughts turned toward believing in outer sources of powers in the broad sense. Please ask your

heart why you prayed in front of a Buddhist altar, visited someone's grave, paid homage to a shrine on News Year's Day. Answers will come to you. There must be so many prayers for safety and stability, wishes for happiness, and more inside you. Why are you so full of prayers and wishes and where do they come from?

Q. Does God not exist? Why is it wrong to worship or enshrine deities and pray to them?

A. God does not exist. However, please let me add that God does not exist in the sense that all of us have for long mistakenly believed in. That's right, we mistakenly believed in God. We believed that God existed in a special world. I am saying that there is no special world where God exists. Then, what kind of world could be called the world of God? The world of God comprises your true kindness, warmth, joy, and world of love, i.e. your true world. If we need to call something God, I would say God is your true world. However, if we use the word "God," since this word has been mistakenly used for long, it could become misleading. Therefore, in this study, we try not to use the word "God" as best as we can. Instead, we say love. Let's express ourselves as love, joy, and warmth.

The world of God referred to in general is a world that human beings created with pure greed. Its vibrations are dark. However, in general, its treated as sacred. Such a

world of God does not exist anywhere. We had referred to such world as if it existed. We were foolish. That is why we say God is great and easily commit murder. However, that is understandable, since we did not know about the true world of vibrations.

The more we worship, enshrine deities, and pray to the dark world, i.e. the world that we created out of pure greed, the darker energy we emit. Please become able to understand this fact with your heart.

Q. Why do we not need funerals, graves, and Buddhist altars?

A. Funerals, the kinds where you request a Buddhist priest, are unnecessary. However, we do need to take care of our body when we die. We cannot just leave our body lying around after death. We must follow standard procedures and take care of our body. Such procedures are necessary. However, allothers are unnecessary; we do not need any funeral, grave, altar, and dharma name at all.

We die but still exist. We simply lose our physical body when we die. To be alive means to have a physical body. However, we are not our physical body. We are invisible consciousnesses, vibrations, and energies. Whether we are alive or dead, our vibrations and energies exist; however, the same cannot be said about our physical body. Our physical body has a time limit; so, it will decay over time and require treatment after death. The current treatment is cremation. All we need to do is cremate our body. There is no need for a grave or altar. What do people put in a grave. Bones? But, bones are not us. The idea that we become bones

after death is wrong. We exist even after death. We exist as consciousnesses, vibrations, and energies. It is ridiculous to spend large amounts of money on graves and altars. The same goes for dharma names. The world is full of so many wrong ideas. People's thoughts that their physical bodies are their true selves, such thoughts lead them to the wrong ideas that something bad will happen, if they mistreat such things as graves and altars. Don't you have such thoughts inside you? Please reflect on those thoughts.

Q. Life to death in Japan has deep connections with such various Shinto and Buddhism events as Hatsumode (first Shinto shrine visit following New Year's Day), shichi-go-san (celebration of ages 3, 5, and 7), and weddings and funerals. Wouldn't life in Japan become impossible, if believing in outer sources of powers becomes a taboo?

A. Yes, life in Japan has deep connections with such events as Hatsumode. Now that you know such events are related to believing in outer sources of powers, you seem to be thinking that since it's wrong to believe in outer sources of powers, participating in such events is also wrong; however, that would make life in Japan difficult to live. You seem to be confused whether you should stop participating in such events since you began this study or play along with the general public though you know that is wrong.

Do you know with your heart that believing in outer sources of powers is wrong? Do you feel that's wrong? Aren't

you saying, "No," to such events only because you know this with your head? If you begin to feel with your heart the sheerness of energies related to believing in outer sources of powers, you will naturally begin to want to quit participating in all such events. Choosing to participate in such events while practicing this study is double-dealing. It is not only double-dealing; it is a state impossible to achieve. In other words, choosing to live in harmony with the general public's common sense is choosing to live your life in the same way as you always have been. This study is life. This study is life itself. The most important thing in this study is to make a 180 degree turn in your thoughts and beliefs held on to while transmigrating, i.e. a turn from believing in the physical world to believing in the world of consciousness. However, this turn is something that each and every one of us must truly feel with our heart. It requires feeling your own energy, your energy that you have been emitting while pursuing outer sources of powers. Unless you feel such energies with your heart, you will continue to believe that you are your physical body, remain unhappy, and transmigrate once again uncapable of freeing oneself from the muddy stream of one's own dark energy.

4. Looking into your heart

Whether reflecting on one's thoughts toward one's mother, belief in outer sources of powers, or everyday life, one must look into his/her heart.

In this section, Ms. Kayo Shiokawa will offer some messages from the world of consciousness as answers to some questions that one may have regarding looking into one's heart.

Q. What is "your heart?" Where does it exist?

A. Your heart does not exist in your head or inside your chest. Your heart does not exist in some trivial place as your physical body.

The world of one's heart pertaining to one's physical body is a trivial world. The true world of one's heart is in fact an unlimited world. Such true world of your heart is what you are. You are nothing else but your heart.

Q. What does it mean to look into one's heart? What does it mean to, rather than focus one's heart outward, focus one's heart inward?

A. To look into your heart is to check your thoughts, i.e. what kinds of thoughts come from your heart, and to check the instantaneous intensity of your thoughts. Thoughts are energies. If you look into your heart, you will feel the energy you emit and come to know that you are an energy. In your everyday life, you must come across all kinds of people; so many things must happen. Depending on whom you meet and what happens, there must be times when your heart moves between feelings. When it does, it is important to check the intensity of the energy you instantaneously emit.

You receive all kinds of information through your eyes and ears every day. Looking into your heart means to feel and come to know what kind of thoughts come to you and what kind of energy you instantaneously emit the second you receive such information.

While it is important to make it a habit to look into

one's heart every day, two other important aspects of looking into one's heart are reflecting on one's thoughts toward one's mother and one's belief in outer sources of powers. By reflecting on such aspects, one must seriously look into the energy that one has accumulated.

Naturally, our heart tends to look outward. It is our nature to incorporate information, analyze it, and make decisions based on such information. Our eyes are always looking outward. Our ears are listening for outside information. We cannot relax unless we receive such information through our eyes and ears. We just can't relax. Focusing one's heart inward, looking deep down oneself, and looking into one's energy and thoughts, i.e. looking into one's heart, is something we learned for the first time this lifetime. So, we are not yet used to doing so. Though our knowledge tells us we must readjust our heart's pointer from outward to inward, since we are not yet used to doing so, our heart points outward before we know it. I believe most of us do not focus our heart inward but leave it focused outward. If that is the case, one will never know the situation taking place inside oneself. One can disguise one's physical state as much as one wants to. One can eloquently distort their true state.

However, one knows that one cannot fool him/herself, or his/her thoughts. One cannot lie to him/herself.

Smiling while crying inside; smiling while scowling inside. Let's free ourselves from our contradictory selves as soon as possible. Let's truly smile and turn our world of thoughts positively so that the feeling of gratefulness sparkles from inside.

Q. What is meant by suffering thoughts? I don't understand what "suffering thoughts" mean.

A. Don't you ever blame people, judge others, look down on people, make fun of others or, on the other hand, ingratiate yourself with people, hold grudge against others, become upset, or complain about things? Haven't you ever felt lonely, sad, or painful? All of these feelings are suffering thoughts. You must have these kinds of suffering thoughts and yet you don't know that you're having them. Why could that be? Everyone has a lot of dark depressing thoughts. Why don't such thoughts make us suffer? That is because we are too deeply immersed in our everyday physical life. We ignore such suffering thoughts as one of the many emotions that everyone normally feels in life. However, having suffering thoughts is not normal; its abnormal. All thoughts other than joy are dark. Please realize that. In addition, please know that you have always been expressing such dark thoughts. As long as you base yourself on the physical world, you will continue to express dark thoughts. What that means is something you need to come to know with your heart.

Q. Why don't wars around the world come to an end? Why do people fight?

A. As long as our hearts hold on to the dark world known as God, wars around the world will not come to an end. Wars are fights between Gods. Both sides cannot quit considering themselves as a great existence. Our hearts have become deranged; we kill each other in the name of God and justice. Unless we truly realize with our heart that we have always been deranged, we will fight until we kill each other. Our history is a history of war. We have fought, making one another pay for blood with blood. We did not know what true justice and peace was, because we forgot our true selves.

Q. What does it mean to be honest? What does it mean to be kind?

A. Being honest is not the same as being obedient. To what should one be honest is also important. In short, being honest means being honest to one's true world. It may seem easy; however, it is difficult to be honest to one's true world. For one thing, you must be wondering what is my true world, what kind of world is that, and where does it exist? If you are living your entire day in the physical world, the only you that appears is your physical self. If that is your case, you will have nothing to do with being honest or kind.

Please gradually shift your lifestyle from a life with only your physical self to one where you will come to know the thoughts of all your other selves inside you. "Please listen to the thoughts of all your other selves inside you," that is the thought of your true self inside you. In addition, your true self must be telling your physical self, "Please be honest to me." It must also be telling you, "To be truly kind means to be able to accept the thoughts of all your other

selves inside you."

Please be honest to your true self telling you, "Your true self is honest and kind," and trust your kind thoughts inside you.

Q. What are vibrations?

A. It is impossible to explain what vibrations are. However, vibrations can be felt with one's heart. Please allow your heart to become sensitive and come to know the world of vibrations. Come to know that even though vibrations are invisible, they are always being emitted, and then try turning your thoughts to yourself and all kinds of phenomena. However, please try this on your own account. First you must become able to know that your mother's warmth exists inside you and, once you do, then try to feel the vibrations of all kinds of things. Perceiving things not as physical objects but as vibrations should be a good start. You will naturally become interested in why two worlds exist. i.e. one visible and the other invisible.

This should serve as a start for changing the world where your heart lives from the visible world.

Q. What does Tomekichi Taike and Albert mean? Why must we use those names?

A. Tomekichi Taike and Albert refer to the true world of vibrations. To pass on the truth about itself in this three-dimensional world, the true world of vibrations needed a physical body. Naturally, it will be given a name.

In this lifetime and in 250 years, a person with the above name will point in a single direction; please focus your heart's pointer in the same direction.

The world of consciousness is helping us point in the direction of the true world of vibrations. There is no special meaning in the names.

Q. Who am I? What is my true self?

A. Of course, your true self is love. Your other selves inside you are waiting for you to awaken to your true self, i.e. love. The path to awakening is extremely rough and challenging. It is an extremely rough and challenging path, but not an impossible one. Please become honest and sincere to yourself and choose the path to awakening to your true self, love.

Q. What is love? What do you mean what we used to know as love was wrong?

A. Love is our true selves. I earlier said that we are our hearts; inside our hearts, we have nothing else but love. In other words, we have nothing else inside us but love. I believe that readers don't know whether they understand what I'm saying or not. We need more time to truly understand what love is. We are within the plan of the flow of consciousness, which is to awaken to our existence, or love, by undergoing significant phenomena of love, i.e. natural disasters. What we know for sure is that the world of love that we have known for long was fake. This is because we forgot and disposed of our true forms. We forgot and disposed of our true form of love and searched for love outside ourselves. That was the largest mistake that we made.

Q. Is it possible to study at home, instead of participating in seminars? I'm busy with work and housework, and it's hard to find enough time for this study; what can I do about that?

A. If you truly know with your heart that you are a consciousness, vibrations, and an energy, you don't need to participate in seminars and can study at home. If you are at that level, you should be able to meditate correctly and expand your world of consciousness. If not, please know that there are limits to studying at home.

You say that you are busy with work and housework and can't find enough time for this study but please try your best to make some time for meditation. The most important thing is to practice the basics of this study, which are to look into your heart and to do so while working and doing housework. However, please know that this is not enough. Making time for meditation is essential. To understand this study with your heart, you must meditate and meditate correctly.

Q. What is the difference between meditating at a seminar and mediating at home? You say it is possible to meditate by yourself; then, why should we go to seminars to meditate and editate with our friends from seminars in our community?

A. There is only one difference between meditating at home and at a seminar, which is vibrations. For instance, if you truly know the vibrations of Tomekichi Taike and of Albert, you do not have to find your time to come to a seminar. However, if you truly do know his vibrations, you will want to come to seminars. That is what the world of vibrations does to us.

Basically, to meditate is to meditate alone. Even if you meditate at a seminar or with your seminar friends in your community, that does not mean that you do not need to meditate at home. Please make it habit to meditate at home. Make yourself such a habit and then meditate with your seminar friends in your community; that should help everyone with their study.

Q. How can you tell whether your heart is pointing in the right or wrong direction?

A. You can ask yourself. Ask your true self inside you. Ask your true self and, whatever answer you receive, accept it and continue with your study. It's a natural thing to do; take responsibility for the answer you provide yourself with. In addition, if your true self says that your heart is pointing in the right direction but, for whatever reason, you can't quite trust your true self, please sincerely look into your thoughts for why you doubt yourself.

5. In your everyday life

In your everyday life, your heart moves between feelings. If you allow yourself to be caught up with your work, housework, or child care and do not look into your heart, you cannot say that you're pursuing this study of looking into one's heart.

This is not to say that you don't need to work, do housework, or bring up your child. If you make it a habit to look into your heart all the while it moves between feelings during your work and everyday life, you are reflecting on your everyday life.

In this section, Ms. Kayo Shiokawa will offer some messages from the world of consciousness as answers to some questions that one may have regarding everyday life.

Q. In my everyday life, I sometimes feel joy and happiness, but they don't last forever. Why could that be?

A. That is because your joy and happiness are based on the physical world. Please know that all joy and happiness we feel in our everyday life are temporary. Just with a change in circumstances, such joy and happiness will most likely change to sadness and pain.

True happiness completely differs. Happiness that rings the heart when one expands his/her world of consciousness never disappears. This is because such happiness is real. Such happiness comes from being able to feel truly happy with one's thoughts that he/she is living in this world. No one can ever feel such happiness as long as they base their life on the physical world.

Q. Since you say that our heart is always moving between feelings, if we look into our heart all the time, will that not adversely affect our everyday life or life at our workplace?

A. How can looking into your heart adversely affect your every life or life at your workplace; what kind of way of looking into your heart do you have in mind? To look into your heart does not mean to analyze your thoughts you emit. It does not mean to evaluate your thoughts. We can look into our heart the instant it moves between feelings while doing anything. What is important is whether one plans to simply leave his/her thoughts as they are after looking into his/her heart, accumulate more dark thoughts on top of the thoughts looked into, or turn their thoughts around in the correct direction.

Q. What kind of life should I live?

A. Live your life as you wish; then, you will know that everything does not turn out as you expect. Meet all kinds of people and experience all kinds of things only to cause yourself problems, stumble into trouble, give yourself a headache, and struggle through life. However, live your life.

Live your life positively, seriously asking yourself why you were born. If someday you begin to truly want to know why you were born, please begin this study. In addition, if you do choose to begin this study, please focus all your attention on it. Please face this study with determination.

Q. What does it mean to let yourself repose?

A. I believe you already know that you're not the only self in your physical body. Many other past selves live inside you and you are yourself including those many other past selves. If you become able to understand that with your heart, you will come to know what you need to do with your other past selves. That's right, there is something you need to pass on to your other past suffering selves. Please come to know what true kindness is and fill your heart with true warmth; then, please pass on to your other true selves that they no longer need to suffer, that there was a home for them to return to. Let them know that firmly but also kindly, accepting yourself. The first step to allowing yourself to repose is accepting yourself. Please lead yourself from pain to joy.

6. Why were we born?

This is a fundamental question that we all must have wondered about once. Some of us may have forgot or could be trying to forget about it.

In this section, Ms. Kayo Shiokawa will offer some messages from the world of consciousness as clues to this fundamental question that can only be answered by looking into one's heart.

Q. Why were we born? In what state were we before we were born?

A. We were born because we wanted to come to know our true selves. We were born because we wanted to save ourselves from the depths of pain. To be born, we asked our mother's consciousness to give us a physical body. We all forget this when we actually come to have a physical body. Some people even snarl that they didn't want to be born, that they were born only because their parents wanted them, or that children don't have a choice over their parents. However, please know the truth with your heart; please feel your thoughts desperate about being given a physical body.

Before being born or entering your mother's womb, all of us were suffering in the depths and depths of pain. You should be able to know this with your heart as well. If you become able to feel how much you struggled to rise from the depths and depths of pain, you should be able to clearly see how happy you must be since you came to know this study. In other words, you will not know the answer to your question unless you become able to feel the truth with your heart.

Q. Why am I alive? Why do I have to live? Why can't I die at will?

A. You will know the answers, if you keep reflecting on your thoughts toward your mother. How desperately you wanted a physical body. If you feel yourself screaming out, "Please give me birth!", your heart will let you know why you have to live and why you can't die at will. Your heart will let you know how arrogant of you it is to wonder why you have to live and why you can't die at will.

Q. What is life for? What are we living for?

A. You must be asking about the purpose of life. Although we were given so many chances while transmigrating, we were unable to live our true life. We have been suffering, unable to answer our own simple question "what are we living for?" While transmigrating, there were lives that gave us joy, lives that we considered our best. However, I say "No." to such lives. Such lives only last for an instant. In addition, we had other thoughts besides joy. Joy was not the only feeling we had. We also felt the fear of death, an obsession with life, and many other dark depressing thoughts. We seemed as if we were enjoying such lives to our full but also felt such contradictory feelings.

With no idea about the world after death, we suffered the misery of death again and again. I wish we can come to know what we must truly do while we're alive and then die, or leave our physical bodies behind, this time thinking, "I had a wonderful life. Death is also joy."

Q. What do you mean by a Copernican turn?

A. You must already know what the Copernican Revolution means. We applied that paradigm shift to this study and called it a Copernican turn.

The important thing in this study is how much progress one makes in his/her turn of consciousness, which means to change one's basis of life from the physical world to the world of consciousness.

We have believed the physical world to be our true basis of life and been forming our thoughts and making our decisions based on such basis. The idea of a Copernican turn is to take the world of consciousness and vibrations as the true world, of which the physical world is only a shade, and see, think, and make decisions based on such basis. The physical world does indeed provide us with a feeling of reality, one that convinces us that we exist. However, the physical world is only a shade of the world of consciousness. It is a world that seems to exist but does not. On the other hand, the world of consciousness seems to not exist but does. Whether what I'm saying is true or not can only be felt by

one's heart. Your heart must honestly be telling you the truth. If it is suffering with pain, it must be telling you why it is. What does this mean? It means that you in fact already know everything. By "you," of course I do not mean the fake you who thinks your physical body is you.

Q. What do you mean our body cells give us love?

A. I mean that our body cells are themselves love. Not many people know with their heart that we exist because our body cells support us.

Fortunately, we have already practiced turning our thoughts toward our body cells. You must already know what kind of vibrations your body cells are sending you. Even body cells sick and decaying keep sending us awakening messages until their last moment. They do so because they're love. Because they are love, they only send us love. Please know that the present is a time of joy since we can look into our heart together with our body cells. Although we have been wrong for long, please feel the vibrations and kindness of your body cells as much as you can.

Q. Why do we die? Do we also die when our body cells die?

A. Body cells belong to the finite world. Therefore, their physical forms will eventually cease to exist. However, essentially, they are consciousnesses; they are love. Even after their physical forms cease to exist, they will exist as love. The same goes for our physical bodies supported by cell bodies. Our bodies also belong to the finite world. Therefore, our body's physical functions will weaken and eventually stop working. Born with a physical body, we will eventually have to leave our physical bodies behind. That is what we call death. Death merely means to leave one's body behind. We are consciousnesses, vibrations, and energies, so even though we will die, we will not cease to exist. Therefore, we do not die when our cell bodies die.

Q. Is there a next world? If there is, what kind of place is it?

A. There is a next world. However, it is neither a so-called heaven nor hell. While there is nothing heavenly about it, it could be described as a complete hell. "He/she is now in heaven," "He/she is now sleeping in peace," and etc. are all rubbish. Failing in the past to come to know our true selves, the state of ourselves will become clear when we die. When we die, our thoughts that we are our physical bodies will confine us. In other words, we will confine ourselves in darkness, loneliness, and coldness until we freeze. Could we call such a state heaven? That is why there is nothing more self-saving than realizing with your heart, while you're still alive, your mistake of believing your fake self to be yourself and disposing of and forgetting your true self. Unless you realize this with your heart, whether alive or dead, you are in hell. The difference between life and death is whether you have a physical body or not.

Q. What is "your true self?"

A. Your true self is joy. It is nothing other than joy. On the other hand, your fake self carries in his/her heart everything other than joy, i.e. a lot of dark depressing thoughts. Since you believe that you are your fake self, you don't understand what is meant by "your true self." To you, it sounds unreal as if it comes from a fairy tale from a far away world. Your fake self feels more real and like yourself. That is why your heart tends to enlarge and expand your fake self throughout life.

Q. What is true kindness, warmth, and peace?

A. Please feel those feeling with your heart. Please become able to feel them. Everything about this study can only be understood with your heart. However, once you start to understand it with your heart, you will know that the world of consciousness exists in you and feel the true happiness of expanding such world inside your heart. Rather than holding grudge against people, hating others, looking down on people, envying others, getting upset, or feeling anxious, fear, or worried every day, wouldn't every day be better if you believed in the kindness, warmth, and peace inside yourself. If you think since all kinds of things happen in life, it would be better if that was possible but it's impossible, please begin studying seriously. Everything is about things that happen inside you; everything can, therefore, be changed.

7. Dimensional migration and natural disasters

I believe the preceding chapters were relatively easy to understand, with them being matters deeply related to our daily life, i.e. "reflection on one's thoughts toward one's mother," "reflection on one's beliefs in outer sources of powers," and "reflection on everyday life." However, now, we will be dealing with dimensional migration, a world as unrelated from our daily life as things can be.

What relates us to dimensional migration are natural disasters. The Earth will soon come to an end and we will be entering a new stage of looking into our heart, i.e. dimensional migration.

As long as one sees dimensions as aspects of the physical world, entering the next stage will be as impossible as grabbing a cloud.

Dimensional migration is only understandable with one's heart, not with one's head.

In this section, Ms. Kayo Shiokawa will offer some messages from the world of consciousness as clues to some of the questions we received.

Q. Why do natural disasters occur? Is it true that natural disasters of an unprecedented scale are about to occur?

A. We will never awaken unless natural disasters of an unprecedented scale occur. Natural disasters of an unprecedented scale are about to occur as a last resort, in order to strike our heart, which has always been ignorant of the truth and emitting greedy, filthy, and selfish thoughts. Natural disasters are the only way to fundamentally change our mode of thinking, beliefs, and values. Natural disasters of an unimageable scale, a truly unprecedented scale will be required. With natural disasters mercilessly destroying everything in the physical world, people will finally begin to feel that they have been doing something wrong. In the past, every time a natural disaster occurred, we hoped that the same thing will not happen again and expressed thoughts of prayers. Sometimes, we believed we had made God upset and feared God. Other times, having asked for salvation and given prayers in vain, we held grudge against and cursed God and Buddha.

However, all that was our mistake. Have you ever even seen God, needless to say, "God upset?" Do you know what the energy of prayers are like? How selfish we are, holding grudge against and cursing God and Buddha all the sudden our prayers are not answered! We must look into our heart and face the result of expanding our ignorant selfish thoughts. We must directly face them and learn how we always fought against our true selves, i.e. love, and repent of our mistakes. Our true selves are love. We are about to bring natural disasters to ourselves, to awaken ourselves, because we are love.

Q. Is Japan going to collapse?

A. Yes, it is. Japan is a materialization of Amaterasu's consciousness. Therefore, with the awakening of Amaterasu, Japan will collapse, i.e. lose its physical form.

Amaterasu will sink Japan down the sea with joy. Amaterasu will awaken to its love inside itself, migrate this dimension, and evolve even further.

Q. Does Amaterasu-ōmikami (the great august deity who shines in heaven) have anything to do with Japan collapsing?

A. Of course, she does. With the awakening of the dark universe, Amaterasu, Amaterasu-ōmikami will also realize the triviality of her great world. Realizing how trivial her world was, she will abolish her thoughts of being a mighty deity. Japan will collapse because the world of Amaterasu-ōmikami will collapse. Regions revering Amaterasu-ōmikami will begin to undergo destruction. There are regions revering Amaterasu-ōmikami all around Japan. This example illustrates how, when one's thoughts turn to the correct direction, phenomena mirrored in such thoughts also change.

Q. Does "Amaterasu" that appears in this study have anything to do with Amaterasu-ōmikami?

A. Yes, it does. Now, your next question must be "In what way?" The answer to this question is not important for pursuing this study but, in brief, the world of Amaterasu-ōmikami is contained in the world of Amaterasu. In other words, changes in the world of Amaterasu will influence the world of Amaterasu-ōmikami. In terms of their force and size of energy, there is a large gap between the two.

We refer to Amaterasu as a dark universe. Of course, there are other dark universes besides Amaterasu. However, among all dark universes, at this point, we are focusing on one, i.e. Amaterasu, and the reason for that has already been explained.

Q. What is dimensional migration?

A. As the words say, dimensional migration is to migrate from one dimension to another. The dimension we exist in now is called the third dimension. In this world, we have length, width, and height; hence, its three dimensional. We are energies that were given a physical body and have been living on this planet Earth in a three-dimensional world for some hundred million years.

We prepared for ourselves so many opportunities to be born with physical functions needed to live on Earth and then die and transmigrate. Why did we need these opportunities?

We are invisible consciousnesses, vibrations, and energies that originally came to this physical world because we needed such physical forms as eyes, ears, and all other parts of our body to know about ourselves. Before we even came to this three-dimensional world, we had the question "why do we need to continue to suffer?" However, so far, in our transmigrated lives in this three-dimensional world, we have not been able to reach a clear answer to that question

and been only suffering even more. That was because, even though we asked for a physical body so that we can learn about ourselves, once we were given a body, we came to believe our body was ourselves and completely misdirected ourselves. Tomekichi Taike was born into a physical body from the world of truth this lifetime with the following message "Let's readjust our misdirected path."

Q. What happens, if one fails to dimensionally migrate?

A. One will become scraps floating around space; not just floating around but doing so in the depths of pain for an unimaginably long time. Of course, one will not be able to be born into Earth with a physical body. That is because, by that time, Earth will no longer be livable. I do not know whether there will be other planets livable and whether one will adapt him/herself to such planets. However, that is very unlikely. I believe the expression "scraps floating around space" best describes one's state in this case.

Q. I heard that Japan serves an important role in the flow of consciousness. Why is that? In addition, I heard that, after Japan collapses, the United States of America will serve an important role. Why is that?

A. The flow of consciousness is advancing toward dimensional migration. The flow of consciousness is quietly working its way toward dimensional migration. Under the flag of the entire universe, preparations are being made for dimensional migration. Since the entire universe will be dimensionally migrating, we need to awaken all universes. That is why Amaterasu, the chief dark universe, must awaken. Speaking of Amaterasu, Japan is a materialization of Amaterasu's consciousness. Therefore, the message of the flow of consciousness needed to be disseminated from Japan. The plan is to awaken the entire universe starting with Japan, lay a firm foundation for dimensional migration, and then eventually begin the migration.

Finally, 250 years from now, the migration will begin in the United States of America, a multiethnic and

multireligious country. That is the plan of the flow of consciousness and I believe there are no other reasons than the above.

Q. We are told that besides our current selves, our past selves and future self also exist inside us; how can we tell whether that is truly so?

A. Please look into your heart. Please reflect on your thoughts that come to you from inside you. You may think that such thoughts are of your current self, but are you sure of that? Who is "your current self?" As long as you believe you are your physical body, "your current self" should most likely mean you who you can see with your eyes. However, your true self is a consciousness, vibration, and energy that exists from the past and continues into the future. "Your thoughts" that you currently have are also those of your past selves and future self. Therefore, if you now look into your heart and adjust your thoughts to the correct direction, the thoughts of your past selves and future self will also point in the correct direction.

You ask how you can tell whether all this is true; you will become able to tell, if you make a Copernican turn.

Q. Why is it necessary to form a link between this lifetime and the next?

A. That is because this lifetime was when we learned about the flow of consciousness for the first time. With this lifetime serving as a turning point, the world of consciousness will start a reform. Therefore, it is not a question of "why it is necessary to form a link between this lifetime and the next"; rather, the important thing is for everyone to pass on what they learned about this study this lifetime when they transmigrate to their next life. Unless we carry on what we learned this lifetime to the next, we will become scraps of space and float around in the depths of pain for an overwhelmingly long time. What I am saying is not without good grounds. Everyone can tell with their heart. Please turn your thoughts toward the flow of consciousness and listen to its messages.

Q. Why is the flow of consciousness planning the dimensional migration to take place 250 years from now?

A. I do not know whether it is exactly 250 years from now. In addition, I assume some may ask "250 years starting which day?" It may be 250 years from now, or it could be 300 years; please do not be too particular about that.

However, I do know that it is not that long away in Earth time. We have been transmigrating on Earth for some hundred million years. Compared to that, 250 to 300 years is a short time. Please take those numbers, i.e. 250 to 300 years, to mean that the time for dimensional migration to take place is already right around the corner and we do not have much time left.

Q. How can natural disasters be energies of joy?

A. Natural disasters will affect us in various ways. They will mercilessly take our life and assets. They will cast us down from heaven to hell in an instant. I assume you don't understand why such natural disasters that cast us down into sadness, despair, anxiety, and fear in an instant can be energies of joy. Of course, you don't. As long as you live in the physical world, thinking that the physical world is all that matters, you will hate and want to avoid natural disasters.

However, we do not live in the physical world. It is wrong to think that the physical world is all that matters.

As long as you take the physical world as the basis of your life, all such phenomena that destroy the physical world as natural disasters will seem negative. On the other hand, if you see the physical world as a shade of the world of thoughts and consciousness, i.e. the basis of your life, and feel the energies of natural disasters, you will see that natural disasters are not negative energies.

In short, whether one views natural disasters as negative energies or positive energies depends on which world one takes as his/her basis of life.

Q. I am trying to believe in this study but such concepts as "dimensional migration" and "250 years from now" sound too impractical to me. The problem might be that I can only think of years within my lifetime; anyway, I do not feel very convinced of those two concepts. Is there some way for me to make better sense of them?

A. Please reflect on your thoughts toward your mother. Please feel with your heart your mother's true consciousness and vibrations, i.e. warmth. When you become able to feel with your heart that your mother's warmth existed inside you, please move on to meditating while turning your thoughts toward your universe. However, please note that you must first become able to feel your mother's warmth.

Through meditating while turning your thoughts toward your universe, you will begin to feel that you have existed since way before coming to Earth. When you come to truly know your heart's history, such concepts as

"dimensional migration" and "250 years from now" will no longer seem impractical. The flow of consciousness exists for sure. As I've already repeatedly said, however, this is something that can only be felt with one's heart. There is a world that we can feel with our heart, a world that can only be felt and understood with our heart, the world of consciousness and vibrations.

Now, let's practice reflection

Did any of the preceding chapters interest you? If you became interested in the world of consciousness and would like to look into your heart, please begin with reflecting on your thoughts toward your mother, your belief in outer sources of powers, and everyday life.

Meditating by following your own idea of meditation is dangerous. Please be sure to begin with reflecting on your thoughts toward your mother.

(1) Reflecting on your thoughts toward your mother

• Open a notebook and reflect on your thoughts toward your mother

Write whatever you can remember from birth till today about your mother, the person closest to you, i.e. your mother who gave you birth.

The point is not to write what your mother did but what kind of thoughts you had about her. Write anything that comes to mind. There is no need to try to remember anything special; start with everyday things.

We originally are consciousnesses. Infants floating inside their mother's womb; such consciousnesses are our true selves. Protected inside our mothers' warmth, worried about nothing, simply trusting ourselves with our mother; we used to trust everything with our mother. However, once we are born into a physical body, the older we get, the filthier we become. Our need to compete, our sense of jealousy, desire to control, and greed for money and honor are all filth that we built out of our

belief that our physical bodies are ourselves.

The life we are living is not only that of this lifetime. We are carrying inside us tens and thousands of our past selves. Believing that our physical bodies are ourselves, in order to satisfy our bodies, we pursued honor and power, floating further and further away from our own plan we prepared for ourselves to return to the world of consciousness.

We originated from the world of consciousness and went through a process of filling our hearts with filth; this is similar to the process of our birth followed by growth. We were given life so that we can correct our mistakes we've been repeatedly making in our past lives. Whether you remember your past lives or not, if you look into your heart, you will feel an extremely long history of mistakes your heart made, drifting away from the correct direction.

Let's look into our hearts together. Let's trace our thoughts we turned toward our mother, realize what mistakes we've been making, and return to our true selves inside our mothers' wombs.

• Please reflect on your thoughts toward your mother by looking into your heart for the following items:

a. Things your mother did for you

b. Things you did, which troubled your mother or made her cry; times you made fun of your mother, blamed her for something, or judged her for something

Begin remembering things/times in a. and b.in the following order:

(1) Before entering school,

(2) 1st to 3rd year of elementary school,

(3) 4th to 6th year of elementary school, and

(4) Junior high school.

What were your thoughts toward how your mother looked, what she said, and what she did; remember what you felt in your heart.

In a notebook, write what thoughts you have had toward being given birth from your mother.

(When writing, think about the situation of your family and your country around the time you were born.)

(2) Reflecting on your thoughts toward your belief in outer sources of powers

The biggest mistake we made was believing that our physical body was us. Beliefs in outer sources of powers also begin when one believes his/her physical body to be him/herself. To satisfy our physical body or to relieve our worries, we make up gods, put our hands together and pray to them, and worship them. Whenever we're doing so, our heart is in the wrong place.

Please look into your heart about times when you had put your hands together for prayer. Please look into your heart about times when you resorted to religions for salvation. The point in "Reflecting on your thoughts toward your belief in outer sources of powers" is not that you did something wrong by joining a religious group or by reading someone's book; rather, it is to look into your heart about the times when you did such things.

Why did you put your hands together for prayer, or

join such religious group? "Reflecting on your thoughts toward your belief in outer sources of powers" is to look into your heart for your motivation for doing such things.

Unless we reflect on our thoughts toward our belief in outer sources of powers, even if we try to direct our heart in the direction of our true selves, we end up directing our heart in the direction of our made-up gods that satisfy our physical needs. That is because our hearts have only been directed in such directions for long.

(As I've repeatedly said, the point is not to look outward but to look inward, i.e. look into your heart for your thoughts turned toward the religious group's leader. Others are there only to reflect your heart as mirrors, i.e. people to learn from.)

(Reference: Reflecting on your thoughts toward outer sources of powers)

a. Please remember which religious groups you joined

b. Why did you join a religious group?

1. Repose of ancestors
2. Fate improvement
3. Illness recovery
4. Business development
5. Supernatural power development
6. Career success
7. Road safety
8. Marriage/relationship harmony
9. Enlightenment
10. Academic success
11. Knowledge on past life/guardian spirit

(3) Reflection on your thoughts in everyday life

Please look into your heart for instantaneous moves between feelings toward your husband/wife, mother-in-law/daughter-in-law, coworker, and friend.